

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Mar 1, 2019

Menu Name: HS LUNCH

Include Cost: No

Site:

Report Style: Detailed

Friday - 02/01/2019

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protrn (g) | Vit-A (IU) |
|---|---------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|------------|------------|
| 990359 BEEF HOT DOG SANDWICH | SANDWICH | 20 | 300 | 0.00 | 790 | 5 | 18.50 | 0.00 | 35 | 22.00 | 2.00 | 11.00 | 0 |
| 990112 PIZZA, CHEESE 16" | SLICE | 35 | 370 | 7.00 | 490 | 9 | 16.00 | 0.00 | 35 | 35.00 | 3.00 | 21.00 | 0 |
| 990129 PIZZA, BUFFALO CHICKEN 16" | 5.21 OZ SLICE | 25 | 390 | 7.00 | 750 | 8 | 19.00 | 0.00 | 45 | 35.00 | 3.00 | 20.00 | 400 |
| 990365 WRAP, CHICKEN SALAD | WRAPS | 15 | 363 | 2.72 | 767 | 5 | 10.36 | 0.00 | 51 | 45.07 | 3.64 | 24.48 | 10523 |
| 990152 JO JO'S, .75 C SEASONED CRISP SAVORY WEDGE | SERVING | 65 | 173 | 1.33 | 400 | 0 | 6.00 | 0.00 | 0 | 28.02 | 4.00 | 2.67 | 0 |
| 990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea | COOKIE | 70 | 160 | 1.00 | 100 | 12 | 5.00 | 0.00 | 10 | 26.00 | 2.00 | 2.00 | 10 |
| 990277 FRUIT BAR | EACH | 65 | 102 | 0.02 | 3 | *19 | 0.28 | 0.00 | 0 | 25.52 | 2.98 | 0.76 | 124 |
| 990276 VEGETABLE/ SALAD BAR | SERVINGS | 65 | 138 | 0.69 | 274 | 7 | 5.80 | 0.00 | 6 | 17.92 | 5.48 | 4.78 | 11278 |
| 990204 MILK, CHOC FF CARTON | CARTON | 70 | 130 | 0.00 | 230 | 22 | 0.00 | 0.00 | 5 | 23.00 | 0.00 | 8.00 | 500 |
| 990205 MILK, LOW FAT WHITE CARTON | CARTON | 25 | 110 | 1.50 | 125 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 |
| 990207 UHT MILK CARTON LF | CARTON | 5 | 100 | 1.50 | 110 | 12 | 2.50 | 0.00 | 12 | 12.00 | 0.00 | 8.00 | 500 |
| Weighted Daily Average | | | 846 | 7.09 | 1340 | *51 | 27.71 | 0.00 | 55 | 116.75 | 12.25 | 32.95 | 9597 |
| % of Calories | | | | 7.54% | | *24.1% | 29.5% | 0.0% | | 55.2% | | 15.6% | |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | | |

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Mar 1, 2019

Monday - 02/04/2019

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990139 MACARONI & CHEESE RF | CUP | 25 | 435 | 9.00 | 1470 | 9 | 16.50 | 0.00 | 45 | 48.00 | 1.50 | 24.00 | 1125 |
| 990045 BREAD STICK WG | 1 OZ | 25 | 90 | 0.00 | 120 | 2 | 2.50 | 0.00 | 0 | 14.00 | 1.00 | 3.00 | 0 |
| 990120 CHICKEN, CORN PUPS | 6 EACH | 50 | 270 | 3.50 | 410 | 5 | 12.00 | 0.00 | 40 | 30.00 | 5.00 | 10.00 | 0 |
| 990278 WRAP, GREEK TURKEY | WRAP | 25 | 350 | 1.54 | 1068 | 8 | 5.31 | 0.00 | 31 | 46.14 | 1.58 | 28.98 | 1192 |
| 990152 JO JO'S, .75 C SEASONED CRISP SAVORY WEDGE | SERVING | 80 | 173 | 1.33 | 400 | 0 | 6.00 | 0.00 | 0 | 28.02 | 4.00 | 2.67 | 0 |
| 990277 FRUIT BAR | EACH | 65 | 102 | 0.02 | 3 | *19 | 0.28 | 0.00 | 0 | 25.52 | 2.98 | 0.76 | 124 |
| 990276 VEGETABLE/ SALAD BAR | SERVINGS | 65 | 138 | 0.69 | 274 | 7 | 5.80 | 0.00 | 6 | 17.92 | 5.48 | 4.78 | 11278 |
| 990204 MILK, CHOC FF CARTON | CARTON | 70 | 130 | 0.00 | 230 | 22 | 0.00 | 0.00 | 5 | 23.00 | 0.00 | 8.00 | 500 |
| 990205 MILK, LOW FAT WHITE CARTON | CARTON | 20 | 110 | 1.50 | 125 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 |
| 990207 UHT MILK CARTON LF | CARTON | 10 | 100 | 1.50 | 110 | 12 | 2.50 | 0.00 | 12 | 12.00 | 0.00 | 8.00 | 500 |
| Weighted Daily Average | | | 772 | 6.36 | 1567 | *43 | 21.58 | 0.00 | 49 | 112.58 | 12.22 | 32.73 | 8491 |
| % of Calories | | | | 7.41% | | *22.3% | 25.2% | 0.0% | | 58.3% | | 17.0% | |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | | |

Tuesday - 02/05/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Mar 1, 2019

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) |
|----------------------------------|---------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990134 CHICKEN, TERIYAKI | 2.85 OZ | 35 | 146 | 1.00 | 414 | 14 | 2.50 | 0.00 | 53 | 14.00 | 0.00 | 15.00 | 100 |
| 990335 ROLL, DINNER WHITE WG | ROLL | 45 | 70 | 0.25 | 125 | 2 | 1.00 | 0.00 | 0 | 13.00 | 1.00 | 2.00 | 0 |
| 990283 MEATBALL MARINARA SUB | EACH | 30 | 473 | 10.84 | 801 | 5 | 27.27 | 0.00 | 50 | 34.94 | 2.91 | 24.24 | 228 |
| 990251 CHICKEN, SWEET N SOUR | SERVING | 25 | 150 | 1.50 | 160 | 7 | 6.00 | 0.00 | 9 | 9.00 | 0.00 | 13.00 | 0 |
| 990257 WRAP, VEGGIE | WRAP | 10 | 606 | 8.59 | 1109 | 8 | 31.99 | 0.00 | 25 | 62.76 | 9.92 | 20.86 | 4602 |
| 990229 RICE, BROWN, | 1 Cup, Prepar | 60 | 174 | 0.00 | 7 | 0 | 1.53 | 0.00 | 0 | 36.75 | 2.04 | 4.08 | 0 |
| 990277 FRUIT BAR | EACH | 100 | 102 | 0.02 | 3 | *19 | 0.28 | 0.00 | 0 | 25.52 | 2.98 | 0.76 | 124 |
| 990276 VEGETABLE/ SALAD BAR | SERVINGS | 85 | 138 | 0.69 | 274 | 7 | 5.80 | 0.00 | 6 | 17.92 | 5.48 | 4.78 | 11278 |
| 990204 MILK, CHOC FF CARTON | CARTON | 70 | 130 | 0.00 | 230 | 22 | 0.00 | 0.00 | 5 | 23.00 | 0.00 | 8.00 | 500 |
| 990205 MILK,LOW FAT WHITE CARTON | CARTON | 20 | 110 | 1.50 | 125 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 |
| 990207 UHT MILK CARTON LF | CARTON | 5 | 100 | 1.50 | 110 | 12 | 2.50 | 0.00 | 12 | 12.00 | 0.00 | 8.00 | 500 |
| Weighted Daily Average | | | 764 | 5.93 | 1024 | *53 | 20.96 | 0.00 | 49 | 111.85 | 11.18 | 33.63 | 10750 |
| % of Calories | | | | 6.99% | | *27.7% | 24.7% | 0.0% | | 58.6% | | 17.6% | |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | | |

Wednesday - 02/06/2019

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990141 PIZZA STICK, PEPPERONI WG | 2 STICK | 40 | 480 | 9.00 | 1000 | 6 | 18.00 | 0.00 | 50 | 58.00 | 6.00 | 22.00 | 800 |

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Mar 1, 2019

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990304 SWISS BACON BURGER | SANDWICH | 40 | 360 | 6.75 | 678 | 6 | 18.00 | 0.50 | 60 | 29.50 | 3.00 | 24.00 | 40 |
| 990230 CHALUPA, BEEF N CHEESE | EACH | 20 | 244 | 5.92 | 404 | 1 | 13.94 | 0.00 | 44 | 11.18 | 0.32 | 16.28 | 296 |
| 990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP | 2 cookie | 20 | 320 | 2.00 | 200 | 24 | 10.00 | 0.00 | 20 | 52.00 | 4.00 | 4.00 | 20 |
| 990199 JELLO, CHERRY | 1/2 CUP | 90 | 70 | 0.00 | 90 | 16 | 0.00 | 0.00 | 0 | 17.00 | 0.00 | 1.00 | 0 |
| 990277 FRUIT BAR | EACH | 90 | 102 | 0.02 | 3 | *19 | 0.28 | 0.00 | 0 | 25.52 | 2.98 | 0.76 | 124 |
| 990276 VEGETABLE/ SALAD BAR | SERVINGS | 85 | 138 | 0.69 | 274 | 7 | 5.80 | 0.00 | 6 | 17.92 | 5.48 | 4.78 | 11278 |
| 990204 MILK, CHOC FF CARTON | CARTON | 70 | 130 | 0.00 | 230 | 22 | 0.00 | 0.00 | 5 | 23.00 | 0.00 | 8.00 | 500 |
| 990205 MILK,LOW FAT WHITE CARTON | CARTON | 25 | 110 | 1.50 | 125 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 |
| 990207 UHT MILK CARTON LF | CARTON | 5 | 100 | 1.50 | 110 | 12 | 2.50 | 0.00 | 12 | 12.00 | 0.00 | 8.00 | 500 |
| Weighted Daily Average | | | 844 | 8.94 | 1307 | *66 | 25.12 | 0.20 | 68 | 121.08 | 11.81 | 36.10 | 10598 |
| % of Calories | | | | 9.53% | | *31.3% | 26.8% | 0.2% | | 57.4% | | 17.1% | |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | | |

Monday - 02/11/2019

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990227 CHICKEN STRIPS, BREADED | 3 EA | 45 | 285 | 2.25 | 465 | 0 | 13.50 | 0.00 | 60 | 16.50 | 1.50 | 24.00 | 0 |
| 990335 ROLL, DINNER WHITE WG | ROLL | 45 | 70 | 0.25 | 125 | 2 | 1.00 | 0.00 | 0 | 13.00 | 1.00 | 2.00 | 0 |
| 990363 SANDWICH, BBQ PULLED PORK | SANDWICH | 40 | 325 | 1.09 | 1384 | 13 | 7.45 | 0.00 | 55 | 46.01 | 3.00 | 22.36 | 0 |

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Mar 1, 2019

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990359 BEEF HOT DOG SANDWICH | SANDWICH | 15 | 300 | 0.00 | 790 | 5 | 18.50 | 0.00 | 35 | 22.00 | 2.00 | 11.00 | 0 |
| 990151 JO JO'S, 1/2 C SEASONED CRISP SAVORY WEDGE | SERVING | 65 | 130 | 1.00 | 300 | 0 | 4.50 | 0.00 | 0 | 21.01 | 3.00 | 2.00 | 0 |
| 990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea | COOKIE | 80 | 160 | 1.00 | 100 | 12 | 5.00 | 0.00 | 10 | 26.00 | 2.00 | 2.00 | 10 |
| 990277 FRUIT BAR | EACH | 65 | 102 | 0.02 | 3 | *19 | 0.28 | 0.00 | 0 | 25.52 | 2.98 | 0.76 | 124 |
| 990276 VEGETABLE/ SALAD BAR | SERVINGS | 65 | 138 | 0.69 | 274 | 7 | 5.80 | 0.00 | 6 | 17.92 | 5.48 | 4.78 | 11278 |
| 990204 MILK, CHOC FF CARTON | CARTON | 70 | 130 | 0.00 | 230 | 22 | 0.00 | 0.00 | 5 | 23.00 | 0.00 | 8.00 | 500 |
| 990205 MILK,LOW FAT WHITE CARTON | CARTON | 25 | 110 | 1.50 | 125 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 |
| 990207 UHT MILK CARTON LF | CARTON | 5 | 100 | 1.50 | 110 | 12 | 2.50 | 0.00 | 12 | 12.00 | 0.00 | 8.00 | 500 |
| Weighted Daily Average | | | 827 | 3.93 | 1591 | *52 | 23.91 | 0.00 | 72 | 117.62 | 11.68 | 36.79 | 7920 |
| % of Calories | | | | 4.28% | | *25.2% | 26.0% | 0.0% | | 56.9% | | 17.8% | |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | | |

Tuesday - 02/12/2019

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990253 CHEESEBURGER | SANDWICH | 25 | 325 | 5.75 | 615 | 5 | 15.00 | 0.50 | 52 | 30.00 | 3.00 | 21.50 | 0 |
| 990298 FRENCH DIP | SANDWICH | 25 | 305 | 4.75 | 1145 | 3 | 13.25 | 0.00 | 35 | 28.75 | 2.00 | 18.75 | 40 |
| 990266 NACHO'S SEC | SERVING | 40 | 441 | 8.29 | 574 | 0 | 22.07 | 0.00 | 46 | 44.39 | 6.28 | 16.39 | 258 |
| 990288 PITA, VEGGIE W/CUCUMBER SAUCE | PITA POCKET | 10 | 539 | 7.09 | 890 | 8 | 28.53 | 0.00 | 25 | 55.28 | 13.26 | 21.07 | 5987 |

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Mar 1, 2019

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990156 POTATO, TATER TOTS | 3/4 CUP | 70 | 193 | 1.49 | 283 | 0 | 10.42 | 0.00 | 0 | 22.32 | 1.49 | 1.49 | 0 |
| 990277 FRUIT BAR | EACH | 65 | 102 | 0.02 | 3 | *19 | 0.28 | 0.00 | 0 | 25.52 | 2.98 | 0.76 | 124 |
| 990276 VEGETABLE/ SALAD BAR | SERVINGS | 65 | 138 | 0.69 | 274 | 7 | 5.80 | 0.00 | 6 | 17.92 | 5.48 | 4.78 | 11278 |
| 990204 MILK, CHOC FF CARTON | CARTON | 70 | 130 | 0.00 | 230 | 22 | 0.00 | 0.00 | 5 | 23.00 | 0.00 | 8.00 | 500 |
| 990205 MILK,LOW FAT WHITE CARTON | CARTON | 20 | 110 | 1.50 | 125 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 |
| 990207 UHT MILK CARTON LF | CARTON | 10 | 100 | 1.50 | 110 | 12 | 2.50 | 0.00 | 12 | 12.00 | 0.00 | 8.00 | 500 |
| Weighted Daily Average | | | 802 | 8.61 | 1334 | *39 | 30.74 | 0.12 | 53 | 101.73 | 11.63 | 31.37 | 8624 |
| % of Calories | | | | 9.66% | | *19.5% | 34.5% | 0.1% | | 50.7% | | 15.6% | |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | | |

Wednesday - 02/13/2019

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) |
|--|-----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990118 BEEF FINGERS, BREADED | SERVING (4 EA) | 60 | 350 | 7.00 | 320 | 1 | 24.00 | 0.00 | 40 | 19.00 | 3.00 | 14.00 | 0 |
| 990049 ROLL, DINNER WG | ROLL | 60 | 100 | 0.50 | 70 | 2 | 2.00 | 0.00 | 0 | 17.00 | 2.00 | 3.00 | 0 |
| 990130 CHICKEN, POPCORN WG | 3.3 OZ | 20 | 250 | 2.50 | 380 | 1 | 14.00 | 0.00 | 25 | 15.00 | 3.00 | 15.00 | 100 |
| 990368 WRAP, GYRO | WRAP | 20 | 391 | 5.01 | 1358 | 8 | 12.67 | 0.00 | 34 | 44.28 | 3.76 | 23.10 | 952 |
| 990071 POTATOES, DEHYDRATED MASHED 3/4 C | 3/4 Cup, Prepar | 80 | 135 | 0.00 | 555 | 0 | 2.25 | 0.00 | 0 | 24.00 | 3.00 | 3.00 | 0 |
| 990198 GRAVY, CHICKEN | SERVING | 80 | 23 | 0.00 | 132 | 1 | 0.47 | 0.00 | 0 | 3.76 | 0.00 | 0.00 | 0 |

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Mar 1, 2019

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990276 VEGETABLE/ SALAD BAR | SERVINGS | 75 | 138 | 0.69 | 274 | 7 | 5.80 | 0.00 | 6 | 17.92 | 5.48 | 4.78 | 11278 |
| 990277 FRUIT BAR | EACH | 75 | 102 | 0.02 | 3 | *19 | 0.28 | 0.00 | 0 | 25.52 | 2.98 | 0.76 | 124 |
| 990204 MILK, CHOC FF CARTON | CARTON | 70 | 130 | 0.00 | 230 | 22 | 0.00 | 0.00 | 5 | 23.00 | 0.00 | 8.00 | 500 |
| 990205 MILK, LOW FAT WHITE CARTON | CARTON | 20 | 110 | 1.50 | 125 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 |
| 990207 UHT MILK CARTON LF | CARTON | 10 | 100 | 1.50 | 110 | 12 | 2.50 | 0.00 | 12 | 12.00 | 0.00 | 8.00 | 500 |
| Weighted Daily Average | | | 828 | 6.99 | 1536 | *43 | 28.42 | 0.00 | 47 | 108.14 | 13.10 | 32.37 | 9262 |
| % of Calories | | | | 7.60% | | *20.8% | 30.9% | 0.0% | | 52.2% | | 15.6% | |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | | |

Thursday - 02/14/2019

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990275 SPAGHETTI AND MEAT SAUCE | 1 CUP | 50 | 307 | 3.09 | 258 | *6 | 7.04 | *0.00 | 34 | 44.71 | 5.09 | 15.88 | 631 |
| 990073 GARLIC TOAST -2 | 2 OZ | 50 | 140 | 1.00 | 190 | 0 | 5.00 | 0.00 | 0 | 24.00 | 2.00 | 4.00 | 0 |
| 990254 CHICKEN CORDON BLEU SANDWICH | SANDWICH | 35 | 401 | 3.40 | 719 | 6 | 14.41 | 0.00 | 60 | 38.76 | 6.00 | 31.04 | 0 |
| 990306 SALAD, CHEF | SALAD | 15 | 430 | 6.23 | 1219 | 8 | 22.40 | 0.00 | 56 | 37.86 | 5.87 | 24.13 | 12402 |
| 990045 BREAD STICK WG | 1 OZ | 15 | 90 | 0.00 | 120 | 2 | 2.50 | 0.00 | 0 | 14.00 | 1.00 | 3.00 | 0 |
| 990277 FRUIT BAR | EACH | 95 | 102 | 0.02 | 3 | *19 | 0.28 | 0.00 | 0 | 25.52 | 2.98 | 0.76 | 124 |
| 990276 VEGETABLE/ SALAD BAR | SERVINGS | 100 | 138 | 0.69 | 274 | 7 | 5.80 | 0.00 | 6 | 17.92 | 5.48 | 4.78 | 11278 |

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Portion Values

Feb 1, 2019 thru Mar 1, 2019

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990204 MILK, CHOC FF CARTON | CARTON | 70 | 130 | 0.00 | 230 | 22 | 0.00 | 0.00 | 5 | 23.00 | 0.00 | 8.00 | 500 |
| 990205 MILK,LOW FAT WHITE CARTON | CARTON | 25 | 110 | 1.50 | 125 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 |
| 990207 UHT MILK CARTON LF | CARTON | 5 | 100 | 1.50 | 110 | 12 | 2.50 | 0.00 | 12 | 12.00 | 0.00 | 8.00 | 500 |
| Weighted Daily Average | | | 800 | 5.33 | 1152 | *50 | 21.62 | *0.00 | 59 | 117.80 | 14.99 | 38.37 | 14072 |
| % of Calories | | | | 6.00% | | *25.0% | 24.3% | *0.0% | | 58.9% | | 19.2% | |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | | |

Friday - 02/15/2019

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) |
|-----------------------------------|---------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990129 PIZZA, BUFFALO CHICKEN 16" | 5.21 OZ SLICE | 20 | 390 | 7.00 | 750 | 8 | 19.00 | 0.00 | 45 | 35.00 | 3.00 | 20.00 | 400 |
| 990112 PIZZA, CHEESE 16" | SLICE | 25 | 370 | 7.00 | 490 | 9 | 16.00 | 0.00 | 35 | 35.00 | 3.00 | 21.00 | 0 |
| 990373 SANTA FE CHICKEN | 3 OZ | 35 | 186 | 2.49 | 546 | 4 | 5.12 | 0.00 | 46 | 19.38 | 5.28 | 16.77 | 241 |
| 990229 RICE, BROWN, | 1 Cup, Prepar | 35 | 174 | 0.00 | 7 | 0 | 1.53 | 0.00 | 0 | 36.75 | 2.04 | 4.08 | 0 |
| 990279 WRAP, TURKEY N HAM | WRAP | 20 | 514 | 9.90 | 2174 | 16 | 18.85 | 0.00 | 68 | 59.59 | 6.67 | 29.86 | 5477 |
| 990277 FRUIT BAR | EACH | 95 | 102 | 0.02 | 3 | *19 | 0.28 | 0.00 | 0 | 25.52 | 2.98 | 0.76 | 124 |
| 990276 VEGETABLE/ SALAD BAR | SERVINGS | 95 | 138 | 0.69 | 274 | 7 | 5.80 | 0.00 | 6 | 17.92 | 5.48 | 4.78 | 11278 |
| 990200 JUICE, APPLE | 4 oz | 95 | 60 | 0.00 | 10 | 13 | 0.00 | 0.00 | 0 | 14.00 | 0.00 | 0.00 | 0 |
| 990204 MILK, CHOC FF CARTON | CARTON | 70 | 130 | 0.00 | 230 | 22 | 0.00 | 0.00 | 5 | 23.00 | 0.00 | 8.00 | 500 |

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Mar 1, 2019

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990205 MILK,LOW FAT WHITE CARTON | CARTON | 25 | 110 | 1.50 | 125 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 |
| 990207 UHT MILK CARTON LF | CARTON | 5 | 100 | 1.50 | 110 | 12 | 2.50 | 0.00 | 12 | 12.00 | 0.00 | 8.00 | 500 |
| Weighted Daily Average | | | 808 | 7.13 | 1372 | *64 | 20.43 | 0.00 | 59 | 121.83 | 13.29 | 35.78 | 12592 |
| % of Calories | | | | 7.94% | | *31.7% | 22.8% | 0.0% | | 60.3% | | 17.7% | |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | | |

Monday - 02/18/2019

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990120 CHICKEN, CORN PUPS | 6 EACH | 45 | 270 | 3.50 | 410 | 5 | 12.00 | 0.00 | 40 | 30.00 | 5.00 | 10.00 | 0 |
| 990301 CHICKEN BACON SWISS SANDWICH | SANDWICH | 45 | 410 | 3.75 | 708 | 6 | 16.00 | 0.00 | 60 | 38.50 | 6.00 | 31.00 | 40 |
| 990294 CHICKEN FAJITA WRAP/QUESADILLA | EACH | 10 | 376 | 6.95 | 1477 | 5 | 12.89 | 0.00 | 61 | 39.84 | 2.83 | 22.63 | 1118 |
| 990156 POTATO, TATER TOTS | 3/4 CUP | 85 | 193 | 1.49 | 283 | 0 | 10.42 | 0.00 | 0 | 22.32 | 1.49 | 1.49 | 0 |
| 990277 FRUIT BAR | EACH | 85 | 102 | 0.02 | 3 | *19 | 0.28 | 0.00 | 0 | 25.52 | 2.98 | 0.76 | 124 |
| 990276 VEGETABLE/ SALAD BAR | SERVINGS | 85 | 138 | 0.69 | 274 | 7 | 5.80 | 0.00 | 6 | 17.92 | 5.48 | 4.78 | 11278 |
| 990204 MILK, CHOC FF CARTON | CARTON | 70 | 130 | 0.00 | 230 | 22 | 0.00 | 0.00 | 5 | 23.00 | 0.00 | 8.00 | 500 |
| 990205 MILK,LOW FAT WHITE CARTON | CARTON | 20 | 110 | 1.50 | 125 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 |

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Mar 1, 2019

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990207 UHT MILK CARTON LF | CARTON | 10 | 100 | 1.50 | 110 | 12 | 2.50 | 0.00 | 12 | 12.00 | 0.00 | 8.00 | 500 |
| Weighted Daily Average | | | 835 | 6.28 | 1324 | *46 | 28.66 | 0.00 | 63 | 110.60 | 13.69 | 34.68 | 10322 |
| % of Calories | | | | 6.77% | | *22.0% | 30.9% | 0.0% | | 53.0% | | 16.6% | |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | | |

Tuesday - 02/19/2019

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) |
|-----------------------------------|---------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990332 SLOPPY JOE SECONDARY | 4 OZ SERVINGS | 50 | 334 | 4.37 | 908 | 13 | 10.75 | 0.00 | 48 | 44.21 | 7.90 | 20.47 | 406 |
| 990139 MACARONI & CHEESE RF | CUP | 25 | 435 | 9.00 | 1470 | 9 | 16.50 | 0.00 | 45 | 48.00 | 1.50 | 24.00 | 1125 |
| 990045 BREAD STICK WG | 1 OZ | 25 | 90 | 0.00 | 120 | 2 | 2.50 | 0.00 | 0 | 14.00 | 1.00 | 3.00 | 0 |
| 990310 PHILLY STEAK CHEESE BREAD | SANDWICH | 25 | 377 | 6.84 | 1070 | 5 | 17.37 | 0.00 | 43 | 32.00 | 3.19 | 23.28 | 80 |
| 990277 FRUIT BAR | EACH | 100 | 102 | 0.02 | 3 | *19 | 0.28 | 0.00 | 0 | 25.52 | 2.98 | 0.76 | 124 |
| 990276 VEGETABLE/ SALAD BAR | SERVINGS | 100 | 138 | 0.69 | 274 | 7 | 5.80 | 0.00 | 6 | 17.92 | 5.48 | 4.78 | 11278 |
| 990204 MILK, CHOC FF CARTON | CARTON | 70 | 130 | 0.00 | 230 | 22 | 0.00 | 0.00 | 5 | 23.00 | 0.00 | 8.00 | 500 |
| 990205 MILK, LOW FAT WHITE CARTON | CARTON | 20 | 110 | 1.50 | 125 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 |

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Mar 1, 2019

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) |
|------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990207 UHT MILK CARTON LF | CARTON | 10 | 100 | 1.50 | 110 | 12 | 2.50 | 0.00 | 12 | 12.00 | 0.00 | 8.00 | 500 |
| Weighted Daily Average | | | 755 | 7.31 | 1594 | *55 | 21.30 | 0.00 | 58 | 108.94 | 13.84 | 36.34 | 12407 |
| % of Calories | | | | 8.71% | | *29.1% | 25.4% | 0.0% | | 57.7% | | 19.3% | |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | | |

Wednesday - 02/20/2019

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) |
|-------------------------------------|---------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990251 CHICKEN, SWEET N SOUR | SERVING | 25 | 150 | 1.50 | 160 | 7 | 6.00 | 0.00 | 9 | 9.00 | 0.00 | 13.00 | 0 |
| 990134 CHICKEN, TERIYAKI | 2.85 OZ | 25 | 146 | 1.00 | 414 | 14 | 2.50 | 0.00 | 53 | 14.00 | 0.00 | 15.00 | 100 |
| 990229 RICE, BROWN, | 1 Cup, Prepar | 65 | 174 | 0.00 | 7 | 0 | 1.53 | 0.00 | 0 | 36.75 | 2.04 | 4.08 | 0 |
| 990303 CLUB SUB | SANDWICH | 30 | 263 | 2.16 | 815 | 3 | 7.19 | 0.00 | 36 | 31.50 | 2.66 | 20.11 | 408 |
| 990257 WRAP, VEGGIE | WRAP | 30 | 606 | 8.59 | 1109 | 8 | 31.99 | 0.00 | 25 | 62.76 | 9.92 | 20.86 | 4602 |
| 990276 VEGETABLE/ SALAD BAR | SERVINGS | 95 | 138 | 0.69 | 274 | 7 | 5.80 | 0.00 | 6 | 17.92 | 5.48 | 4.78 | 11278 |
| 990277 FRUIT BAR | EACH | 95 | 102 | 0.02 | 3 | *19 | 0.28 | 0.00 | 0 | 25.52 | 2.98 | 0.76 | 124 |
| 990204 MILK, CHOC FF CARTON | CARTON | 70 | 130 | 0.00 | 230 | 22 | 0.00 | 0.00 | 5 | 23.00 | 0.00 | 8.00 | 500 |
| 990205 MILK,LOW FAT WHITE CARTON | CARTON | 20 | 110 | 1.50 | 125 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 |

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Mar 1, 2019

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) |
|------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990207 UHT MILK CARTON LF | CARTON | 5 | 100 | 1.50 | 110 | 12 | 2.50 | 0.00 | 12 | 12.00 | 0.00 | 8.00 | 500 |
| Weighted Daily Average | | | 793 | 4.90 | 1180 | *51 | 21.28 | 0.00 | 45 | 118.48 | 13.14 | 34.80 | 12836 |
| % of Calories | | | | 5.56% | | *25.7% | 24.2% | 0.0% | | 59.8% | | 17.6% | |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | | |

Thursday - 02/21/2019

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) |
|-------------------------------------|------------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990249 CHICKEN POT PIE | SERVING 1 CUP | 35 | 188 | 0.84 | 517 | 4 | 3.88 | 0.08 | 40 | 22.15 | 2.96 | 15.25 | 818 |
| 990141 PIZZA STICK, PEPPERONI WG | 2 STICK | 45 | 480 | 9.00 | 1000 | 6 | 18.00 | 0.00 | 50 | 58.00 | 6.00 | 22.00 | 800 |
| 990293 SALAD, TACO | SALAD | 20 | 505 | 8.32 | 906 | 9 | 21.98 | 0.00 | 51 | 55.96 | 10.12 | 20.81 | 1581 |
| 990336 ROLL, DINNER WHITE WG @2 | ROLLS | 35 | 140 | 0.50 | 250 | 3 | 2.00 | 0.00 | 0 | 26.00 | 2.00 | 4.00 | 0 |
| 990277 FRUIT BAR | EACH | 100 | 102 | 0.02 | 3 | *19 | 0.28 | 0.00 | 0 | 25.52 | 2.98 | 0.76 | 124 |
| 990276 VEGETABLE/ SALAD BAR | SERVINGS | 100 | 138 | 0.69 | 274 | 7 | 5.80 | 0.00 | 6 | 17.92 | 5.48 | 4.78 | 11278 |
| 990204 MILK, CHOC FF CARTON | CARTON | 70 | 130 | 0.00 | 230 | 22 | 0.00 | 0.00 | 5 | 23.00 | 0.00 | 8.00 | 500 |
| 990205 MILK,LOW FAT WHITE CARTON | CARTON | 20 | 110 | 1.50 | 125 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 |

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Mar 1, 2019

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) |
|------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990207 UHT MILK CARTON LF | CARTON | 10 | 100 | 1.50 | 110 | 12 | 2.50 | 0.00 | 12 | 12.00 | 0.00 | 8.00 | 500 |
| Weighted Daily Average | | | 795 | 7.35 | 1374 | *52 | 21.38 | 0.03 | 59 | 117.48 | 14.93 | 34.34 | 12865 |
| % of Calories | | | | 8.32% | | *26.2% | 24.2% | 0.0% | | 59.1% | | 17.3% | |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | | |

Friday - 02/22/2019

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990230 CHALUPA, BEEF N CHEESE | EACH | 25 | 244 | 5.92 | 404 | 1 | 13.94 | 0.00 | 44 | 11.18 | 0.32 | 16.28 | 296 |
| 990283 MEATBALL MARINARA SUB | EACH | 45 | 473 | 10.84 | 801 | 5 | 27.27 | 0.00 | 50 | 34.94 | 2.91 | 24.24 | 228 |
| 990381 PITA, CHICKEN SALAD | PITA | 20 | 293 | 1.22 | 547 | 5 | 6.86 | 0.00 | 51 | 37.07 | 6.64 | 24.48 | 10508 |
| 990152 JO JO'S, .75 C SEASONEDCRISP SAVORY WEDGE | SERVING | 50 | 173 | 1.33 | 400 | 0 | 6.00 | 0.00 | 0 | 28.02 | 4.00 | 2.67 | 0 |
| 990366 COOKIE, (OTIS SPUNKMEYER)2 EA CHOC CHIP | 2 cookie | 50 | 320 | 2.00 | 200 | 24 | 10.00 | 0.00 | 20 | 52.00 | 4.00 | 4.00 | 20 |
| 990277 FRUIT BAR | EACH | 70 | 102 | 0.02 | 3 | *19 | 0.28 | 0.00 | 0 | 25.52 | 2.98 | 0.76 | 124 |
| 990276 VEGETABLE/ SALAD BAR | SERVINGS | 50 | 138 | 0.69 | 274 | 7 | 5.80 | 0.00 | 6 | 17.92 | 5.48 | 4.78 | 11278 |
| 990204 MILK, CHOC FF CARTON | CARTON | 70 | 130 | 0.00 | 230 | 22 | 0.00 | 0.00 | 5 | 23.00 | 0.00 | 8.00 | 500 |
| 990205 MILK,LOW FAT WHITE CARTON | CARTON | 25 | 110 | 1.50 | 125 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 |

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Mar 1, 2019

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) |
|------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990207 UHT MILK CARTON LF | CARTON | 5 | 100 | 1.50 | 110 | 12 | 2.50 | 0.00 | 12 | 12.00 | 0.00 | 8.00 | 500 |
| Weighted Daily Average | | | 843 | 9.08 | 1208 | *51 | 28.97 | 0.00 | 63 | 112.71 | 11.55 | 34.13 | 8515 |
| % of Calories | | | | 9.69% | | *24.2% | 30.9% | 0.0% | | 53.5% | | 16.2% | |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | | |

Monday - 02/25/2019

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) |
|--|------------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990359 BEEF HOT DOG SANDWICH | SANDWICH | 20 | 300 | 0.00 | 790 | 5 | 18.50 | 0.00 | 35 | 22.00 | 2.00 | 11.00 | 0 |
| 990112 PIZZA, CHEESE 16" | SLICE | 35 | 370 | 7.00 | 490 | 9 | 16.00 | 0.00 | 35 | 35.00 | 3.00 | 21.00 | 0 |
| 990129 PIZZA, BUFFALO CHICKEN 16" | 5.21 OZ SLICE | 25 | 390 | 7.00 | 750 | 8 | 19.00 | 0.00 | 45 | 35.00 | 3.00 | 20.00 | 400 |
| 990294 CHICKEN FAJITA WRAP/QUESADILLA | EACH | 20 | 376 | 6.95 | 1477 | 5 | 12.89 | 0.00 | 61 | 39.84 | 2.83 | 22.63 | 1118 |
| 990152 JO JO'S, .75 C SEASONEDCRISP SAVORY WEDGE | SERVING | 65 | 173 | 1.33 | 400 | 0 | 6.00 | 0.00 | 0 | 28.02 | 4.00 | 2.67 | 0 |
| 990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea | COOKIE | 55 | 160 | 1.00 | 100 | 12 | 5.00 | 0.00 | 10 | 26.00 | 2.00 | 2.00 | 10 |
| 990277 FRUIT BAR | EACH | 65 | 102 | 0.02 | 3 | *19 | 0.28 | 0.00 | 0 | 25.52 | 2.98 | 0.76 | 124 |
| 990276 VEGETABLE/ SALAD BAR | SERVINGS | 65 | 138 | 0.69 | 274 | 7 | 5.80 | 0.00 | 6 | 17.92 | 5.48 | 4.78 | 11278 |
| 990204 MILK, CHOC FF CARTON | CARTON | 70 | 130 | 0.00 | 230 | 22 | 0.00 | 0.00 | 5 | 23.00 | 0.00 | 8.00 | 500 |
| 990205 MILK,LOW FAT WHITE CARTON | CARTON | 25 | 110 | 1.50 | 125 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 |

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Mar 1, 2019

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990207 UHT MILK CARTON LF | CARTON | 5 | 100 | 1.50 | 110 | 12 | 2.50 | 0.00 | 12 | 12.00 | 0.00 | 8.00 | 500 |
| Weighted Daily Average | | | 842 | 7.92 | 1506 | *49 | 27.98 | 0.00 | 58 | 114.06 | 11.97 | 33.51 | 8241 |
| % of Calories | | | | 8.47% | | *23.3% | 29.9% | 0.0% | | 54.2% | | 15.9% | |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | | |

Tuesday - 02/26/2019

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990231 CHEESY BREAD W/ DUNKER SAUCE SECONDARY | SERVINGS | 55 | 412 | 7.67 | 1125 | 11 | 16.13 | 0.00 | 43 | 44.84 | 7.51 | 23.48 | 1221 |
| 990300 BEEF, BBQ SUB | SUB | 25 | 278 | 2.50 | 1095 | 6 | 9.00 | 0.00 | 20 | 36.50 | 2.00 | 13.00 | 0 |
| 990248 WRAP, CHICKEN BACON RANCH | WRAP | 20 | 686 | 10.32 | 1828 | 4 | 39.30 | 0.00 | 87 | 50.07 | 2.59 | 33.93 | 1890 |
| 990276 VEGETABLE/ SALAD BAR | SERVINGS | 95 | 138 | 0.69 | 274 | 7 | 5.80 | 0.00 | 6 | 17.92 | 5.48 | 4.78 | 11278 |
| 990277 FRUIT BAR | EACH | 95 | 102 | 0.02 | 3 | *19 | 0.28 | 0.00 | 0 | 25.52 | 2.98 | 0.76 | 124 |
| 990204 MILK, CHOC FF CARTON | CARTON | 65 | 130 | 0.00 | 230 | 22 | 0.00 | 0.00 | 5 | 23.00 | 0.00 | 8.00 | 500 |
| 990205 MILK, LOW FAT WHITE CARTON | CARTON | 30 | 110 | 1.50 | 125 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 |
| 990207 UHT MILK CARTON LF | CARTON | 5 | 100 | 1.50 | 110 | 12 | 2.50 | 0.00 | 12 | 12.00 | 0.00 | 8.00 | 500 |
| Weighted Daily Average | | | 783 | 8.11 | 1715 | *51 | 25.63 | 0.00 | 58 | 104.51 | 13.19 | 36.21 | 12382 |
| % of Calories | | | | 9.32% | | *26.1% | 29.5% | 0.0% | | 53.4% | | 18.5% | |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | | |

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Mar 1, 2019

Wednesday - 02/27/2019

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) |
|--------------------------------------|---------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990130 CHICKEN, POPCORN WG | 3.3 OZ | 45 | 250 | 2.50 | 380 | 1 | 14.00 | 0.00 | 25 | 15.00 | 3.00 | 15.00 | 100 |
| 990255 TERIYAKI MEATBALLS | SERVINGS | 35 | 254 | 7.50 | 479 | 6 | 18.33 | 0.00 | 50 | 9.22 | 0.00 | 11.67 | 2 |
| 990298 FRENCH DIP | SANDWICH | 10 | 305 | 4.75 | 1145 | 3 | 13.25 | 0.00 | 35 | 28.75 | 2.00 | 18.75 | 40 |
| 990288 PITA, VEGGIE W/CUCUMBER SAUCE | PITA POCKET | 10 | 539 | 7.09 | 890 | 8 | 28.53 | 0.00 | 25 | 55.28 | 13.26 | 21.07 | 5987 |
| 990229 RICE, BROWN, | 1 Cup, Prepar | 80 | 174 | 0.00 | 7 | 0 | 1.53 | 0.00 | 0 | 36.75 | 2.04 | 4.08 | 0 |
| 990277 FRUIT BAR | EACH | 95 | 102 | 0.02 | 3 | *19 | 0.28 | 0.00 | 0 | 25.52 | 2.98 | 0.76 | 124 |
| 990276 VEGETABLE/ SALAD BAR | SERVINGS | 85 | 138 | 0.69 | 274 | 7 | 5.80 | 0.00 | 6 | 17.92 | 5.48 | 4.78 | 11278 |
| 990204 MILK, CHOC FF CARTON | CARTON | 75 | 130 | 0.00 | 230 | 22 | 0.00 | 0.00 | 5 | 23.00 | 0.00 | 8.00 | 500 |
| 990205 MILK,LOW FAT WHITE CARTON | CARTON | 20 | 110 | 1.50 | 125 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 |
| 990207 UHT MILK CARTON LF | CARTON | 5 | 100 | 1.50 | 110 | 12 | 2.50 | 0.00 | 12 | 12.00 | 0.00 | 8.00 | 500 |
| Weighted Daily Average | | | 763 | 5.92 | 987 | *47 | 23.94 | 0.00 | 46 | 107.70 | 12.00 | 30.86 | 10853 |
| % of Calories | | | | 6.98% | | *24.6% | 28.2% | 0.0% | | 56.5% | | 16.2% | |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | | |

Thursday - 02/28/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Mar 1, 2019

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990266 NACHO'S SEC | SERVING | 45 | 441 | 8.29 | 574 | 0 | 22.07 | 0.00 | 46 | 44.39 | 6.28 | 16.39 | 258 |
| 990154 SALSA, GREEN CHILI | 1/4 Cup | 45 | 20 | 0.00 | 360 | 2 | 0.00 | 0.00 | 0 | 4.00 | 2.00 | 0.00 | 400 |
| 990227 CHICKEN STRIPS, BREADED | 3 EA | 30 | 285 | 2.25 | 465 | 0 | 13.50 | 0.00 | 60 | 16.50 | 1.50 | 24.00 | 0 |
| 990287 SALAD, SW CHICKEN PASTA | EACH | 25 | 663 | 4.31 | 838 | 5 | 22.76 | 0.00 | 61 | 98.96 | 2.94 | 30.29 | 1724 |
| 990045 BREAD STICK WG | 1 OZ | 55 | 90 | 0.00 | 120 | 2 | 2.50 | 0.00 | 0 | 14.00 | 1.00 | 3.00 | 0 |
| 990277 FRUIT BAR | EACH | 85 | 102 | 0.02 | 3 | *19 | 0.28 | 0.00 | 0 | 25.52 | 2.98 | 0.76 | 124 |
| 990276 VEGETABLE/ SALAD BAR | SERVINGS | 65 | 138 | 0.69 | 274 | 7 | 5.80 | 0.00 | 6 | 17.92 | 5.48 | 4.78 | 11278 |
| 990204 MILK, CHOC FF CARTON | CARTON | 70 | 130 | 0.00 | 230 | 22 | 0.00 | 0.00 | 5 | 23.00 | 0.00 | 8.00 | 500 |
| 990205 MILK,LOW FAT WHITE CARTON | CARTON | 25 | 110 | 1.50 | 125 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 |
| 990207 UHT MILK CARTON LF | CARTON | 5 | 100 | 1.50 | 110 | 12 | 2.50 | 0.00 | 12 | 12.00 | 0.00 | 8.00 | 500 |
| Weighted Daily Average | | | 808 | 6.40 | 1214 | *43 | 25.81 | 0.00 | 64 | 112.45 | 11.56 | 35.55 | 8664 |
| % of Calories | | | | 7.13% | | *21.3% | 28.7% | 0.0% | | 55.7% | | 17.6% | |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | | |

Friday - 03/01/2019

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990354 FRENCH TOAST STICKS SECONDARY | 4 STICKS | 45 | 281 | 2.67 | 387 | 15 | 12.02 | 0.00 | 140 | 34.73 | 2.67 | 10.69 | 2 |
| 990216 PORK, SAUSAGE LINKS, COOKED @2 | LINKS | 45 | 100 | 3.00 | 170 | 0 | 7.00 | 0.00 | 25 | 0.00 | 0.00 | 7.00 | 0 |

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Mar 1, 2019

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|
| 990264 PARMESAN CHICKEN SANDWICH SECONDARY | SANDWICH | 40 | 398 | 3.27 | 708 | 8 | 14.04 | 0.00 | 53 | 41.31 | 6.54 | 28.83 | 125 |
| 990367 HOT HAM N CHEESE SUB | SANDWICH | 15 | 255 | 2.25 | 695 | 2 | 7.50 | 0.00 | 38 | 29.00 | 2.00 | 19.50 | 0 |
| 990155 POTATO, TATER TOTS | 1/2 CUP | 60 | 130 | 1.00 | 190 | 0 | 7.00 | 0.00 | 0 | 15.00 | 1.00 | 1.00 | 0 |
| 990225 RICE CRISPY TREAT WG | PACKAGE | 65 | 99 | 0.99 | 49 | 7 | 2.47 | 0.00 | 0 | 15.78 | 0.00 | 0.99 | 0 |
| 990276 VEGETABLE/ SALAD BAR | SERVINGS | 60 | 138 | 0.69 | 274 | 7 | 5.80 | 0.00 | 6 | 17.92 | 5.48 | 4.78 | 11278 |
| 990277 FRUIT BAR | EACH | 95 | 102 | 0.02 | 3 | *19 | 0.28 | 0.00 | 0 | 25.52 | 2.98 | 0.76 | 124 |
| 990204 MILK, CHOC FF CARTON | CARTON | 75 | 130 | 0.00 | 230 | 22 | 0.00 | 0.00 | 5 | 23.00 | 0.00 | 8.00 | 500 |
| 990205 MILK,LOW FAT WHITE CARTON | CARTON | 24 | 110 | 1.50 | 125 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 |
| 990207 UHT MILK CARTON LF | CARTON | 1 | 100 | 1.50 | 110 | 12 | 2.50 | 0.00 | 12 | 12.00 | 0.00 | 8.00 | 500 |
| 990217 SRYUP CUP, LITE | CARTON | 60 | 50 | 0.00 | 70 | 4 | 0.00 | 0.00 | 0 | 14.00 | 0.00 | 0.00 | 0 |
| Weighted Daily Average | | | 845 | 6.25 | 1198 | *58 | 25.47 | 0.00 | 111 | 119.64 | 10.84 | 35.25 | 7436 |
| % of Calories | | | | 6.66% | | *27.5% | 27.1% | 0.0% | | 56.6% | | 16.7% | |
| Weekly Nutrient Guideline | | | 750 - 850 | <10 | 1420 | | <=0 | | | | | | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.